

August 2010

On arrival

Warm homemade bread, Cornish butter & marinated whole olives

To start

Warm salad of squid, chorizo & giant cous-cous (df) £7.25

Fowey mussels in a saffron cream sauce (shf/gf) £7.25

Cornish crab & avocado filo tartlet served with dressed mixed leaves (shf) £7.95

Pan fried local scallops & chargrilled artichoke hearts with wild garlic aioli (shf/gf) £7.95

Butterfly fillet of Cornish sardine on a black turtle bean salsa (gf/df) £6.95

Tempura battered king prawns with Cornish sweet chilli dipping sauce (shf/df) £7.95

Savoury goats cheese pannacotta & chargrilled aubergine stack drizzled with roasted red pepper pesto (v/n) £6.95

Crostini of duck liver pate infused with lemon & ginger wine £6.95

Main Courses

(All main courses are served with a selection of seasonal vegetables & potatoes)

Squid ink risotto topped with medallions of monkfish (gf) £17.95

Cornish bouillabaisse (mixed locally caught fish, shellfish & mussels in tomato based sauce) with saffron rouille topped giant crouton (shf) £17.95

Pan fried John Dory fillet on a Cornish orchards cider, bacon & clam fricassee (creamy sauce) (gf) £17.95

Cornish crab crusted roast Pollack fillet with sauce vierge (diced tomato, garlic, anchovies, capers & fresh herbs in a lemon & olive oil dressing) (shf/df) £17.95

Spaghetti nero (black squid ink pasta) with pan fried king prawns & scallops with salsa verde (piquant pesto style sauce) (shf/df) £17.95

Surf & turf (prime beef fillet, pan fried scallops & king prawns topped with tempura battered squid) served with

wasabi-mayo (Japanese horseradish) (shf) £19.95

Breast of free range chicken stuffed with cracked black pepper cheese & wrapped in Cornish coppa (air dried ham) (gf) £16.95

Black beluga lentil moussaka (v/gf) £15.95

Desserts

Raspberry & chocolate (gluten free) brownie with Cornish vanilla ice cream (gf) £7.25

Cornish Orchards apple & Calvados jelly with ginger infused cream & ginger & dark chocolate biscotti (n) £6.95

Trio of sorbets (mandarin, pear & pink grapefruit) served with Cornish clotted cream shortbread £7.25

Organic lemon tart with Cornish clotted cream £6.95

Warm treacle tart with Cornish vanilla ice-cream £6.95

Local cheese selection with homemade oatcakes & cumin & mango compote £7.25

Dietary key: shf = (shellfish) gf = (gluten free) df = (dairy free) v = (vegetarian) n = (contains nuts)